


# SEPTEMBER 2023 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>HELLO <i>September</i></p>	
<p>4 Labor Day OFA CLOSED</p> 	<p>5 Lasagna Roll Up w/ Meatballs Italian Blend Vegetables Whole Wheat Bread Peaches</p>	<p>6 Seafood Newburg Brown Rice Blended Vegetables Whole Wheat Bread Tropical Fruit</p>	<p>7 Stuffed Chicken w/ Gravy Fried Cabbage Peas Whole Wheat Bread Cottage Cheese w/ Pineapple Tidbits</p>	<p>8 1/2 Low-Salt Ham Salad Sandwich on Whole Wheat Bread Carrot Raisin Salad Cucumber Dill Salad Fruit Cocktail Cookie</p>
<p>11 Sloppy Joe On Hamburger Bun Roasted Potatoes Brussels Sprouts Tropical Fruit</p>	<p>12 Macaroni &amp; Cheese Stewed Tomatoes Broccoli Corn Bread Fresh Fruit Fruited Jello</p>	<p>13 Tuna Macaroni Salad on Lettuce Leaf Carrot &amp; Raisin Salad Ranch Corn w/ Red Peppers Dinner Roll Peaches</p>	<p>14 Barbeque Ribs Mashed Sweet Potatoes Green Beans Whole Wheat Bread Apple-Peach Crisp</p>	<p>15 Cranberry Chicken Salad Chickpea Salad Broccoli Slaw Whole Wheat Roll Pineapple Tidbits Shortbread Cookie</p>

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<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
18 Breaded Fish w/ Tartar Sauce On Hamburger Bun Garden Rice Pilaf Tomatoes & Zucchini Mandarin Oranges	19 Sweet & Sour Meatballs Brown Rice Peas Whole Wheat Bread Apple	20 Oven-Fried Chicken Thigh Cowboy Beans Mixed Vegetables Whole Wheat Roll Pears	21 Pork Loin w/ Hawaiian Sauce Wild Rice Corn Cinnamon Applesauce Shortbread Cookie	22 Turkey & Swiss w/ Lettuce On Whole Wheat Bread w/ Mayo & Mustard Coleslaw 3 Bean Salad Sliced Peaches w/ Whipped Topping
25 Spanish Rice Broccoli & Cauliflower Blend Italian Bread Fruit Crisp	26 Scalloped Potatoes & Ham Parsley Buttered Carrots Green Beans Whole Wheat Roll Fruit Cocktail	27 Teriyaki Chicken Stir Fry Brown Rice Oriental Vegetables Whole Wheat Roll Mandarin Oranges	28 Salisbury Steak Mushroom Gravy Mashed Sweet Potatoes Brussels Sprouts Whole Wheat Bread Sliced Pears	29 OFA Senior Picnic OFA CLOSED 

Please make checks payable to:  
 Montgomery County Office for Aging, Inc.  
 135 Guy Park Ave., Amsterdam, NY 12010  
 Phone #: 518-673-2000 or 518-843-2300

**CALL BEFORE 9AM WITH CANCELATIONS**

Suggested contributions:  
 Home-delivered meal \$3.00  
 Congregate meal \$3.00  
 Guests under 60 \$10.69  
 Supper bags \$2.75

Menu may be subject to change without notice

8 oz. of 1% milk served daily

Margarine served with bread

**NO SUBSTITUTIONS FOR FOOD ALLERGIES**